

# Say Goodbye To Acne with Internal & External Care!

These days, we are faced with all kinds of challenges and stresses of life, studies and work. If we are not careful with our body care, it may lead to a decline in our health. Many people consider acne only affects the outer appearance, but they forgot about the fact that the appearance of acne also serves as the warning that reflects one's inner health.

Acne or better known as acne vulgaris is a form of skin inflammation which was caused by bacteria infection on the sebum follicle and sebaceous glands. The main cause for acne formation can be divided into internal and external factors.



**Fiona Ho**  
Senior Beauty Manager  
of **K-LINK International**  
Beauty Advisor, Professional  
Makeup Artist & Manicurist

## Internal Factors

1. Over secretion of androgen hormone. It usually occur among teenagers. Androgen hormone stimulates an increase of secretion at the sebaceous gland and causes keratosis pilaris, which will clog the skin pores, subsequently bring about inflammation and acne formation.
2. Multiple organ dysfunctions on the stomach, kidney and liver, constipation problem can also cause acne formation.
3. Women menstrual cycle. Some women experience frequent acne breakouts due to changes of hormone in a menstrual cycle.
4. The excessive intake of oily foods, spicy foods and sourly foods.
5. Stress, fatigue and a lack of sleep.

## External Factors

1. Improper face cleansing can lead to clogged pores and bacterial infections.
2. Improper way of acne popping can cause bacterial infections.
3. UV and chemicals.
4. Use of low quality cosmetics.

The aforementioned factors can usually bring about a change in skin pH level, clogged sebum and bacteria become active on skin. The residues which remain would not only cause inflammation, it can also cause redness, swelling and pain. If you wish to obtain acne-free skin, then you have to take care of your skin internally and externally to regain that bright and radiant skin.



### AyuLax

AyuLax is a herbal combination that acts to flush the bowel, relieving the symptom of constipation. It flushes and cleanses the unwanted elements as well.

*K.K.L.I.U 0445/2017  
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### Salomé Hydrating Facial & Body Mud Mask

A fantastically soothing and cleansing mask that replenishes the skin and removes impurities, leaving the skin glowing and fresh.

- Deep cleansing, moisturizing and soothing
- Polishes the skin to optimize skin's own regenerating process by removing dead skin cells
- Instant detoxifies and revives dull looking skin